

Hitting the Wall

Unitarian Universalist Congregation of Cookeville
Cookeville, TN, October 2020

Chalice Lighting: *Grounding in Our Faith*, by Alice Anacheke-Nasemann

In a time of uncertainty, when everything around us is changing constantly—
each day new developments, rising numbers, changing guidelines;
when the world we live in suddenly seems upside-down and topsy-turvy:

We light our chalice to remind ourselves of our grounding in our faith.

We remember that the flaming chalice came into being
as a beacon of hope during World War II: a secret symbol that offered help.

In the midst of it all, we wrap ourselves in the warm light of a familiar flame,
a reminder of the strength that emerges when we come together in community.

Check-in: Mind, body, spirit. This is a time to share and/or reflect silently on
how you are doing emotionally, physically, and spiritually.

Topic: Hitting the Wall

Readings: ["Hitting the wall" with COVID-19](#)

Questions:

Where are you on the scales?

Is there an area where you
think you could make a change
to tip the scales?

Do you feel like you have “hit
the wall”?

Where are you on these scales?

Social Isolation	Social Connection
Environmental Monotony	Environmental Variety
Intellectual Understimulation	Learning and Challenging Your Brain Daily
Activity Boredom	Engaged in a Variety of Hobbies and Entertainment
Physical Inactivity	Regular Daily Exercise

Sharing: This is the time we take to practice sharing and deep listening. Please use this time to respond to the readings and/or questions. Save conversations and responses to others' comments for the open discussion portion. Remember we are here to practice listening, not to practice saving, fixing, or setting each other straight.

Open Discussion: This is a time to respond to others' comments and continue the conversation about the topic.

Closing Words: *Until We Meet Again*, by Amy Zucker Morgenstern

May all our hours together be blessed as this one has been: by open-hearted sharing, learning from one another, and making beautiful harmonies together.
And may we greet everyone we encounter with the same acceptance and grateful kinship, until we meet again. Blessed be.

Check-out: How are you feeling now? Is there anything from this session that you plan to take with you into the rest of the week?